

# Pita Pockets

**Makes:** 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Tomato paste		1/2 cup		2 cups
Water		1/2 cup		2 cups
Sugar		3/4 tsp		3 tsp
Dry basil leaves		1/8 tsp		1/2 tsp
Dry oregano leaves		1/8 tsp		1/2 tsp
Granulated garlic		1/8 tsp		1/2 tsp
Beef or vegetable stock		1/2 cup		2 cups
Pitas, whole wheat		12		48
Ricotta cheese		1/4 cup		1 cup
Peppers, bell, finely chopped		1 cup		4 cups
Onions, finely chopped		1 cup		4 cups
Zucchini, finely chopped		1 cup		4 cups
Tomato, finely chopped		1-1/2 cups		6 cups
Turkey, ground	1-1/2 lb		6 lbs	
Mozzarella cheese		1/2 cup		2 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	5 g	
Protein	13 g	
Carbohydrates	21 g	
Dietary Fiber	4 g	
Saturated Fat	2 g	
Sodium	267 mg	

## Directions

1. Preheat the oven to 400°F.
2. Coat saucepan with oil. Brown turkey.
3. In pot, combine tomato paste, water, sugar, basil, oregano, garlic and stock. Simmer uncovered for 30 minutes. Add tomatoes, ricotta cheese, onions, peppers, zucchini and turkey.
4. Cut each pita leaving bottom connected to form a pocket.
5. Fill each pita with 1/2 cup mixture.
6. Place filled pitas on paper-lined half sheet pan. Lightly sprinkle with mozzarella cheese. Cover with foil and seal.

7. Bake at 400°F for 10 minutes.

## Notes

Serving Tips:

You can make this pita with ready-made tomato sauce and make it on tortillas to resemble a pizza.